

## **The A.R.E Questionnaire (Accessible, Responsive, Engaged) – Dr Sue Johnson**

### **From your viewpoint, is your partner accessible to you?**

1. I can get my partner's attention easily.
2. My partner is easy to connect with emotionally.
3. My partner shows me that I come first with him/her/them.
4. I am not feeling lonely or shut out in this relationship.
5. I can share my deepest feelings with my partner. He/she/they will listen.

### **From your viewpoint, is your partner responsive to you?**

1. If I need connection and comfort, he/she/they will be there for me.
2. My partner responds to signals that I need him/her to come close.
3. I find I can lean on my partner when I am anxious or unsure.
4. Even when we *fight* or *disagree*, I know that I am important to my partner and we will find a way to come together.
5. If I need reassurance about how important I am to my partner, I can get it.

### **Are you positively emotionally engaged with each other?**

1. I feel very comfortable being close to, trusting my partner.
2. I can confide in my partner about almost anything.
3. I feel confident, even when we are apart, that we are connected to each other.
4. I know that my partner cares about my joys, hurts and fears.
5. I feel safe enough to take emotional risks with my partner.

Read each statement and write a T by those that are True for you.

To score, give each statement with a T a point. If you score 7 or above, you are well on your way to a secure bond. If you scored below a 7, this is time to focus on strengthening this bond.